



Carl Sagan Mandala

Meditation and Pattern

Hasty Tortoise Crochet
By Ash Naylor

Welcome to Hasty Tortoise Crochet, where mindfulness meets creativity. Our lives today are too busy and chaotic! For me, crochet has always been a small oasis of calm in a too-noisy world. I hope you find a peace of mind, a little wisdom, and creative inspiration as you work your way through this pattern.

Read each quote, passage, or mantra at the start of each round, and focus your attention on the thoughts and feelings that arise. Let those thoughts and feelings flow as your mind and hands are captured by each stitch.

Materials

- Caron One Pound, Medium wt. 4 (100% acrylic, 100 yards total, 55 grams total)
 - Colors used: Black, Deep Violet, Cream, Midnight Blue, Sunflower, Sky Blue
 - Hook: US G6 / 4.25 mm
 - Yarn Needle, Scissors
-

Finished Size = 12 inches across

Pattern Notes

- Instructions in [brackets] are repeated the indicated number of times or to the end of the round
 - Instructions in (parentheses) are all carried out in the one indicated stitch
-

About this Meditation

Carl Sagan was an accomplished astronomer, unafraid of exploring new ideas, he cofounded SETI (the Search for Extra-terrestrial Intelligence) and consulted with NASA on innovative ways to explore our universe. He was also one of the greatest science communicators of all time, with a gift for transporting his audience throughout the universe and time, exploring far-reaching star-systems and traveling back to our own origins. This mandala is made with a star motif and galaxy-inspired colors. Enjoy contemplating your place in the universe with some favorite Carl Sagan quotes while you craft this stellar mandala. When finished, display your mandala proudly, as a wall-hanging, table center-piece, or even a kitchen trivet!

Stitch Key and Techniques

Abbrev.	Term	Technique
Ch	Chain	-
ChSp	Chain Space	-
SC	Single Crochet	Insert hook into indicated St, yarn over and draw up a loop, yarn over and pull through both loops
HDC	Half Double Crochet	Yarn over, insert hook into indicated St, yarn over and draw up a loop, yarn over and pull through all three loops
DC	Double Crochet	Yarn over, insert hook into indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice

TrC	Treble Crochet	Yarn over twice, insert hook into indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) three times
BPDC	Back Post Double Crochet	Yarn over, insert hook from back to front to back around indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice
FPDC	Front Post Double Crochet	Yarn over, insert hook from front to back to front around indicated St, yarn over and draw up a loop, (yarn over and pull through two loops) twice
BloSC	Back Loop Only Single Crochet	Make a SC in only the back loop of indicated St
Puff	Puff Stitch	[Yarn over, insert hook into indicated St, draw up a loop] three times, yarn over and pull through six loops, yarn over and pull through two loops
St	Stitch	None
SISSt	Slip Stitch	Insert hook into indicated St, yarn over and draw up a loop, pull this loop through first loop on hook
YO	Yarn Over	-
-	Standing Stitch	With a slip knot on your hook, work indicated stitch as normal.
-	Join & Fasten Off	SISSt into beginning St of current working round, Ch1, trim end (leave 5-6" for weaving in when finishing piece), pull loop all the way out and pull tight to secure
-	Magic Circle/Ring	I highly recommend finding a YouTube tutorial if you haven't yet learned how to crochet in a Magic Circle/Ring. As an alternative, Ch4 and SISSt to beginning Ch to form a starting ring.

Pattern Instructions and Meditation

“Look again at that dot. That's here. That's home. That's us. On it everyone you love, everyone you know, everyone you ever heard of, every human being who ever was, lived out their lives. ...Every saint and sinner in the history of our species lived there - on a mote of dust suspended in a sunbeam.”

Round 1 (Sky Blue): Magic circle, Ch2 (counts as first DC in circle), 11 DC in circle, join & fasten off, gently tighten circle **[12 DC in magic circle]**

“Somewhere, something incredible is waiting to be known.”

Round 2 (Deep Violet): Standing SC in any DC from round 1, Ch1, [FPDC, Ch1, SC, Ch1] around, join & fasten off **[6 SC, 6 FPDC, 12 Ch1Sp]**

“One glance at a book and you hear the voice of another person, perhaps someone dead for 1,000 years. To read is to voyage through time.”

Round 3 (Cream): (Standing SC, Ch2, SC) in any SC St of previous round, [Ch1, BPDC around FPDC of previous round, Ch1, (SC, Ch2, SC) in next SC St] around, join & fasten off [**6 BPDC, 6 (SC, Ch2, SC) clusters, 12 Ch1Sp**]

“Extraordinary claims require extraordinary evidence.”

Round 4 (Midnight Blue): Standing SC in BPDC from previous round, [DC in next Ch1Sp from round 2, Ch4, skip (SC, Ch2, SC) cluster, DC in next Ch1Sp from round 2, SC in BPDC from round 3] around, ending with a DC in the last Ch1Sp, join to the first SC of the round & fasten off [**12 DC, 6 SC, 6 Ch4Sp**]

“The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff.”

Round 5 (Sunflower): Standing SC in any Ch4Sp [(“Star cluster”: YO, insert hook into Ch4Sp & draw up a loop, YO, insert hook into next DC & draw up a loop, YO, insert hook into next SC & draw up a loop, YO, insert hook into next DC & draw up a loop, YO insert hook into next Ch4Sp & draw up a loop, YO & pull through all 11 loops on hook, Ch1), make 5 SC in Ch4Sp] around, finishing with only 4 SC in last Ch4Sp, do not join or fasten off [**30 SC, 6 “star clusters”**]

“We are a way for the universe to know itself.”

Round 6 (Sunflower): BloSC in first SC of previous round, skip next St, [3DC in “eye” above star cluster, BloSC in next 5 St, skip next St] around, finishing with 4 BloSC across last 4 SC and join to first BloSC made in the round, fasten off [**30 BloSC, 18 DC**]

“For small creatures such as we the vastness is bearable only through love.”

Round 7 (Black): Standing BloSC in the first DC of any 3DC group of previous round, BloSC in the next 2 St, [TrC into Ch2Sp of round 3, skip one SC, BloSC in next 3 SC, TrC into same Ch2Sp of round 3, skip one SC, BloSC in next 3 DC] around, ending with TrC in last Ch2Sp, join to first Standing BloSC & fasten off [**12 TrC, 36 BloSC**]

“Imagination will often carry us to worlds that never were, but without it we go nowhere.”

Round 8 (Sky Blue): Standing HDC in any SC above a star cluster immediately after a TrC, (DC, Ch2, DC) in next SC, HDC, [Puff in next 5 St, HDC, (DC, Ch2, DC), HDC] around [**6 (DC, Ch2, DC), 12 HDC, 30 Puff**]

“We are like butterflies who flutter for a day and think it is forever.”

Round 9 (Midnight Blue): (Standing DC, Ch2, DC) in any Ch2Sp, [HDC in next DC St, skip HDC, Puff in space between HDC and next Puff St, Puff in between next 4 Puff St, Puff in between Puff St and next HDC, skip HDC, HDC in next DC, (DC, Ch2, DC) in Ch2Sp] around, ending with a HDC before the first (DC, Ch2, DC) cluster, join & fasten off [**6 (DC, Ch2, DC), 12 HDC, 36 Puff**]

“Science is a way of thinking much more than it is a body of knowledge.”

Round 10 (Deep Violet): (Standing DC, Ch2, DC) in any Ch2Sp, [HDC in next DC St, skip HDC, Puff in space between HDC and next Puff St, Puff in between next 2 Puff St, (DC, Ch2, DC) in between next Puff St, Puff in between next 2 Puff St, Puff in between Puff St and next HDC, skip HDC, HDC in next DC, (DC, Ch2, DC) in Ch2Sp] around [**12 (DC, Ch2, DC), 12 HDC, 36 Puff**]

“The universe is not required to be in perfect harmony with human ambition.”

Round 11 (Cream): (Standing SC, Ch2, SC) in any Ch2Sp, [BloSC in next 6 St, (SC, Ch2, SC) in next Ch2Sp] around, join & fasten off [**12 (SC, Ch2, SC), 72 BloSC**]

“It is far better to grasp the universe as it really is than to persist in delusion, however satisfying and reassuring.”

Round 12 (Sunflower): (Standing DC, Ch3, DC) in any Ch2Sp, [Insert hook into leg of DC St just completed & pull up a loop, insert hook into Ch2Sp & pull up a loop [insert hook into next SC & pull up a loop] 3 times (6 loops on hook), YO and pull through all 6 loops, Ch1. Insert hook into eye of previous stitch & pull up a loop, insert hook into same SC St where last St was completed & pull up a loop, [insert hook into next SC & pull up a loop] 3 times, YO and pull through all 6 loops on hook, Ch1. Insert hook into eye of previous St & pull up a loop, insert hook into same SC St where last St was

complete & pull up a loop, [insert hook into next SC & pull up a loop] twice, insert hook into Ch2Sp and pull up a loop, YO and pull through all 6 loops on hook, Ch1. (DC, Ch3, DC) in Ch2Sp] around, join & DO NOT fasten off [**36 small star clusters, 12 (DC, Ch3, DC)**]

“In good speaking, should not the mind of the speaker know the truth of the matter about which he is to speak?”

Round 13 (Sunflower): [3 SC in Ch3Sp, [3 DC in eye of small star cluster] 3 times] around **[36 SC, 108 DC]**

“The future belongs to those societies that treat new ideas as delicate, fragile and immensely valuable pathways to the future.”

Round 14 (Sky Blue): Standing BloSC in any first DC after a SC of previous round, BloSC in next 2 DC, [Skip St, (DC, Ch3, DC) in next St, Skip St, BloSC in next 3 St, Skip SC St, (DC, Ch3, DC) in next SC St, Skip SC St, BloSC in next 3 St] around, join & fasten off **[24 (DC, Ch3, DC) clusters, 72 BloSC]**



R1: 12 DC in magic circle



R2: 6 SC, 6 FPDC, 12 Ch1Sp



R3: 6 BPDC, 6 (SC, Ch2, SC) clusters, 12 Ch1Sp



R4: 12 DC, 6 SC, 6 Ch4Sp



R5: 30 SC, 6 “star clusters”



R6: 30 BloSC, 18 DC



R7: 12 TrC, 36 BloSC



R8: 6 (DC, Ch2, DC), 12
HDC, 30 Puff



R9: 6 (DC, Ch2, DC), 12
HDC, 36 Puff



R10: 12 (DC, Ch2, DC),
12 HDC, 36 Puff



R11: 12 (SC, Ch2, SC), 72
BloSC



R12: 36 small star
clusters, 12 (DC, Ch3, DC)



R13: 36 SC, 108 DC



R14: 24 (DC, Ch3, DC),
72 BloSC